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Dexter to amend Finance Act as deficit skyrockets

POLITICS Nova Scotia Premier Darrell Dexter is confirming his government will have to amend the Provincial Finance Act to help deal with the province's ballooning deficit.

In his first formal address to the legislature, Dexter said last night the move is part of presenting an honest picture of the state of the province's books.

The previous Conservative government was brought down by the opposition parties in May when they made a similar move.

But Dexter says the Tories were being dishonest about the province's fiscal health, by trying to hide the deficit by suspending legally required debt payments to allow the province to stay in the black.

Dexter — who did not detail the changes he's planning — says the Tories wanted the opposition to "be complicit" in their attempts to hide the truth.

The NDP will table a budget Thursday.

THE CANADIAN PRESS

News on the Move

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Sports pg 10

Canada acting like lugers?

On the web

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NEWS UPDATES
THROUGHOUT THE DAY

London

Fashion



A model wears a creation by British designer Paul Smith at London Fashion Week in London yesterday. Fashion weeks are going on across the globe right now.

Province scrapping Keno game

FUNDS Nova Scotia's NDP government has pulled the plug on a controversial electronic gambling game introduced last March.

Finance Minister Graham Steele rose in the legislature last night and announced in a statement Keno would be discontinued in about 180 bars and restaurants by Oct. 22.

"Even on its own terms, Keno has not been a suc-

cess," Steele told the house. "Revenue has fallen 80 per cent below expectations, with the result that Keno is actually losing money."

Steele later told reporters he made the decision after consulting with stakeholders. He said it will cost \$3.4 million to leave the game, which will come out of general gaming revenues paid to the

province. Keno was introduced, amid much criticism, by the former Progressive Conservative government and was expected to take in \$2 million to \$3 million a year.

Conservative critic Cecil Clarke questioned the wisdom of pulling out at a time when the province is cash-strapped and facing a deficit of \$590 million.

THE CANADIAN PRESS

Internet insecurity

Cyber group hosts forum to raise awareness of risks

KRISTEN LIPSCOMBE
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The world outside our front doors isn't the only unpredictable place that needs to be carefully monitored.

Sometimes the most dangerous place can be right inside our own homes, a group dedicated to safe and secure Internet surfing said yesterday.

"The Internet is a great thing," Peter Morin, past-president of the High Technology Crime Investigation Association's Atlantic Canadian chapter, said last night before a public forum on how to be web smart, held inside a Dartmouth hotel.

"(But) just like the streets are policed, the Internet has to be policed ... You have to be mindful of what kids are doing and that way they'll get the best out of it and it's not going to hurt them."

Morin's group hosted the forum to raise awareness about the risks lurking online, inviting a range of experts, from members of the provincial RCMP's Internet Child Exploitation Unit to Nomi Classen, director of education for Cybertip.ca, who flew in from Winnipeg.

Everyone age 12 or older was welcome, but younger children weren't allowed to attend because of the adult content discussed.

And even for adults, some of the information shared by Classen was disturbing indeed.

She pointed to one child abuse case in which pictures of a four-year-old girl being sexually abused were uploaded to the Internet and propagated more than 800,000 times in an 18-

month period. Other stats show 69.3 per cent of confirmed sexual abuse images are of children under eight years old, while 86.5 per cent are under 11 years old, or "pre-pubescent," she said.

One pedophile wrote online, "When I capture their image, I capture a piece of time that not even their own mommies will have. They stay for young forever, just for us 'pedos.' The vidcam makes them our eternal slaves."

Classen said children need to learn not only to avoid strangers on the streets, but to be aware of "strangeness," or strange behaviour online.

For more tips go to cybertip.ca. Cybertip.ca has received more than 40,000 reports, with 48 arrests made as a result.

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Local



Bras raise \$11,000 for breast cancer

Halifax's inaugural Bras Across the Bridge has raised over \$11,000 for the Canadian Breast Cancer Foundation. On Saturday, 11,088 bras were spread out over the 1.3-kilometre MacDonald Bridge as part of a promise from C100 FM, in partnership from Samuel and Co. and the Halifax Harbour Bridges, that for every bra they collected in the past month, \$1 would be donated to Team Moya in the CIBC Run for the Cure next month. It took over 40 volunteers about 2½ hours to spread the bras across the bridge. METRO HALIFAX



Man faces weapons charges

CRIME A 21-year-old is facing a slew of weapons charges after a man was spotted yesterday morning walking down a west-end Halifax street, carrying a shotgun under his "long black trench coat," police say.

"We received a call of an individual believed to be in possession of a long-barrelled gun," Halifax Regional Police spokesman Const. Brian Palmer said yesterday afternoon. "Our officers responded (and) located the individual."

Officers arrested the suspect on Chebucto Road as he approached the rotary just after 9 a.m., after finding "a shotgun underneath his clothing," Palmer said.

He added the man does live in Spryfield, but is originally from another province and isn't believed to be connected to ongoing criminal activities in that part of the municipality. "He's not part of that whole silliness going out there — no indication that he is, anyway," Palmer added. "He's not known to us."

Palmer said the man was still in police custody yesterday afternoon. The weapon wasn't loaded, police say. KRISTEN LIPSCOMBE/METRO HALIFAX

RCMP identify missing fisherman

Search called off for 39-year-old Scott Clarke who fell from vessel

KRISTEN LIPSCOMBE
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Halifax RCMP have identified the fisherman who went missing off the Eastern Passage shore early Sunday morning as 39-year-old Scott Clarke.

The Mounties released the Oyster Pond man's name yesterday afternoon, a day and a half after he fell off the fishing vessel Lady Tiana about four kilometres south of Devil's Island, near Halifax Harbour.

The search began at about 2:30 a.m. Sunday when the Halifax Joint Rescue Coordination Centre received a call about a man overboard, but it was called off at sunset when "all hope for his survival diminished considerably during the day," a news release said.

Joint Task Force Atlantic spokesman Maj. Paul Doucette said yesterday the decision to end the search at sea was made after speaking with Clarke's



A search-and-rescue crew combs the beach near Hartlen Point in Eastern Passage across from Devil's Island on Sunday. The search for missing fisherman Scott Clarke, 39, was called off late Sunday.

family and local fishermen. "Those sorts of decisions are taken very seriously," Doucette said.

In Clarke's case, he said the incident happened during the early morning in chilly fall waters and that

"the fisherman did not have a survival suit on" at the time.

"The search area was saturated," Doucette said, explaining a Cormorant helicopter from 14 Wing Greenwood scoured the

area all day, along with the Canadian Coast Guard Cutter Sambro, the Canadian Coast Guard ship Sir William Alexander and at least 13 commercial vessels. "Taking all that into consideration ... that's how

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they came up with the decision to reduce," Doucette added.

A Halifax RCMP spokesman said police headed up the land search for Clarke on Sunday with help from members of the Halifax Regional Search and Rescue team, but that too was called off by nightfall.

"It appears to be a very unfortunate accident," Cpl. Joe Taplin said yesterday. "He slipped or got caught in something (and) was swept overboard."

Taplin said the only trace of Clarke that turned up on Sunday were some articles of clothing that were brought ashore by fishermen.

NDP honours old Conservative commitments

PAUL MCLEOD
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ANNOUNCEMENTS Tory IOUs appear as good as gold to the NDP.

Yesterday the NDP promised to follow through with two more plans made by the former Progressive Conservative government.

The most significant is a \$2.8-million annual cash infusion to municipalities. The NDP announced it would give municipalities grants in lieu of tax payments on provincially

owned courthouses.

They will be phased in over three years. Once fully phased in, Halifax Regional Municipality alone will get a \$935,000 break. The promise was initially made by the Tories months ago.

Premier Darrell Dexter has repeatedly said he will honour Conservative commitments, despite poor financial outlooks. So far the NDP hasn't wavered from that plan.

Municipalities had been lobbying for the change for the last decade, when

courthouse ownership was transferred from municipalities to the province. A grant was not added into the system at that point.

When the government looked across Canada, it found most provinces did offer a grant in lieu to municipalities for courthouses.

"This will put us in line with what they do across the country. This will benefit municipalities and all the families that live in those municipalities," Municipal Relations Minister Ramona Jennex told re-

porters yesterday.

Another law change announced yesterday by the NDP was also in the pipes when they came into office. The government will change the Trade Union Act to bar mediators and mediator-arbitrators from being called to testify before a court or tribunal.

Another amendment would expand the scope of mediator-arbitrators in the hopes of shortening complaint processes and ultimately saving unions and employers money. METRO HALIFAX

Rice to speak at Halifax event

CUNARD CENTRE A major player in the administration of former U.S. president George W. Bush is coming to Halifax.

A Conversation with Condoleezza Rice, the country's former secretary of state, will take place Dec. 10 at 3:30 p.m. at the Cunard Centre. According

to a press release, the event will be a discussion about world affairs, the status of U.S.-Canada relations

and a look into the administration of current U.S. President Barack Obama.

Tickets went on sale yesterday and run from \$139 to \$229, plus taxes. There are also VIP seats available for \$899, and they include a photo and opportunity to meet Rice at a post-reception event.

For tickets, phone 1-888-311-9090 or visit ticketpro.ca. METRO HALIFAX



Condoleezza Rice

metronews.ca

WHAT'S ONLINE TODAY

Blogs Kenya Hunt scouts the off-runway styles at New York Fashion Week

Your Money Allan Small weighs the pros and cons of when to sell off market investments at metronews.ca/investing

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Coalition renews fight against convention centre to save view

HARBOUR The outspoken members of the Coalition to Save the View are again making their opposition to a proposed convention centre in downtown Halifax heard loud and clear.

"It would be wrong to use tax dollars to assist a private developer to block the view of Halifax Harbour from historic Citadel Hill," the coalition re-em-

phasized in a news release. The coalition says on its website, at savetheview.ca, the passing of HRMByDesign by city council back in June "deleted policies that controlled heights of buildings in the vicinity of Citadel Hill."

But city staffers said at the time the 25-year urban-design plan actually preserves most downtown

"It would be wrong to use tax dollars ... to block the view of Halifax Harbour."

Coalition to Save the View

view planes, in addition to introducing three heritage conservation districts.

Coalition spokeswoman Peggy Cameron told Metro yesterday her group is re-publicizing its protest because of Mayor Peter Kelly's recent trip to Ottawa to talk to federal officials about infrastructure funding, and also because it's believed he's talking to the new Nova Scotia government about funding as well. METRO HALIFAX

Classes cancelled at Cape Breton school due to bomb threat

A bomb threat at a school in Cape Breton resulted in classes being cancelled for the day yesterday as RCMP investigated the incident. Police say they responded to a bomb threat received yesterday morning at Pleasant Bay School in Inverness Co. No arrests have been made. **METRO HALIFAX**



Johnny Cash at Folsom Prison is a documentary about the man in black's iconic concert and includes some rare footage. The film is playing tomorrow at Park Lane at 7:10 p.m. as part of the Atlantic Film Festival.

Still worthy flicks left

From Johnny Cash to Charles Manson, AFF has lots to offer

PAUL MCLEOD
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The Atlantic Film Festival is still going strong. Here are some mid-week picks of films you'll want to catch over the next several days. Andrew Murphy, programming manager for AFF, assisted in putting together this list.

Melodrama
(Today, Park Lane, 9:25 p.m.)
— A loving documentary about the birth, death and rebirth of the Mellotron, the "neglected step-sister to the Moog Synthesizer" that was invented in the 1940s and brought to prominence in the 60s. The movie plays the same night as other hot docs

about the Versailles Peace Conference (Paris 1919) and an out of shape man trying to swim the length of the Nile (Big River Man).

Leslie: My name is Evil
(Today, Park Lane, 9:30 p.m.)

— A Canadian film about the trial of one of Charles Manson's girls and a juror who falls for her. Perfect for fans of dark dramas.

Johnny Cash at Folsom

Prison (Tomorrow, Park Lane, 7:10 p.m.) — A documentary about Johnny Cash's iconic concert, which some consider to be the greatest live album in the history of American

popular music. The film combines rare archival footage of Cash with interviews of the inmates. It's been getting a lot of great buzz.

Fig Trees (Tomorrow, Park Lane, 9:35 p.m.) — Where else but the film fest are you going to get

Atlantic Film Festival

AFF

to see experimental Canadian documentaries? Fig Trees won the award for best documentary at the 2009 Berlin Film Festival and is described as "a visually stunning experimental documentary opera about pills, Gertrude Stein and AIDS activism."

It Came From Kuchar (Thursday, Park Lane, 7:15 p.m.) — John Waters fans should appreciate this look at the Kuchars, a pair of underground New York filmmaker brothers who broke ground with their low-fi campy style. Waters and Guy Madden are among their fans.

You Might as Well Live (Thursday, Park Lane, 9:35 p.m.) — Described by Murphy as a "dirtier, Canadian version of Napoleon Dynamite." What more do you need to know?

Truro church bestowed \$6 million

BEQUEST A very private person has made a huge splash and left a lasting legacy, bestowing \$6 million to the St. John's Anglican Church in Truro.

The news of Helen White's bequest became public in a letter from church officials to the congregation inserted in Sunday's bulletin.

"She was very astute in business and was very careful with money," said Helen Barnhill, a Belmont, Colchester County resident who is White's cousin. "She was very, very fond of the Anglican church. She loved the church."

The \$6 million is to be divided into two funds, each containing \$3 million. The funds will be used for upkeep and maintenance of the Terrace Hill Cemetery on Kaulback Street in Truro and the St. John's parish building. The church is only allowed to spend the interest from the funds.

The news of the donation quickly spread through the community.

"It's often been said there's a lot of old money in Truro and I guess that has been proven today," said Mayor Bill Mills.

TRURO DAILY NEWS

Students send important message on Peace Day

SunnySide

PHILIP CROUCHER
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PINWHEELS Out the students came from Oxford school, one-by-one, each holding a pinwheel that carried with it an important message.

The decorated pinwheels were placed in front of school, side-by-side next of the sidewalk on North Street in Halifax, as about 350 students at the P-9 school left their mark yesterday on International Peace Day.

"The idea is that they're spreading messages of peace in their community," said Brenda Vaughan, a Grade 7 teacher at Oxford who helped to put together yesterday's event. "They all would have had discussions in groups about what peace means to them and then they put those thoughts and ideas on their pinwheels."

The project titled Pinwheels for Peace is world-renowned as students from across the globe celebrated International Peace Day yesterday by creating their own pin-



Obi Duru, a primary student at Oxford School in Halifax, places his decorated pinwheel in the grass at the front of the North Street school yesterday.

wheels and planting them into the ground at their schools.

At Oxford, yesterday morning's event was the latest in a string of activities done in the past year to promote peace in the community, and the classroom.

"We're teaching our

students to be ambassadors of peace," said school principal Joe Morrison. "We work with a core groups of students who then spread the word around the school, teach the other students about dealing with conflict."

Morrison said 45 students were ambassadors last year to "deal with conflict resolution in a peaceful way." That number is growing to 70 this year as the kids meet each week to talk about conflict resolution issues.

"Each year the program will get bigger and bigger until everyone in the school is trained as an ambassador," Morrison proclaimed.

Chloe Hart, a Grade 9 French immersion student, was one of the students who placed her pinwheel into the ground yesterday. She's also a member of the ambassador program and called yesterday a chance "to show other schools and the community that Oxford school is a peaceful place."

"I'm actually really surprised how well it worked out," Hart said. "It seems like everyone is taking it pretty seriously."

Cops seize pot plants found after man shot

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CRIME Halifax Regional Police discovered dozens of marijuana plants and "other drug paraphernalia" while searching the residence where a man was shot over the weekend, spokesman Const. Brian Palmeter said yesterday.

"Our officers responded to investigate a break-and-enter followed by a resident being shot," he said of the violent struggle inside a Dartmouth home early Sunday morning. "In the course of investigating that, information was obtained which led to a search warrant."

Palmeter said officers seized 39 plants from the Main Street home but added drug charges hadn't been laid by yesterday afternoon. "We're expecting charges to be laid, but there's some other things that we've got to clarify

with the Crown.

"We don't know exactly why that person broke into the home," he said. "Certainly it's not uncommon to have one drug dealer break in and steal from another — it's something that our officers will be looking at."

Halifax Regional Police said they responded to the shooting at 4:15 a.m. and when they arrived they found a 45-year-old man suffering from a gunshot wound to his right leg. A witness told police he and the victim had both been "asleep inside the residence when their dog started to bark," a news release says. Police said Sunday it doesn't appear the residents know the suspect, who is described as a five-foot-eight black man with a thin build.

But Palmeter pointed out "even if the individuals don't know each other, it doesn't necessarily make it a random incident."

News in brief

UNION Custodians, bus drivers and maintenance personnel for the Chignecto-Central Regional School Board have voted overwhelmingly in favour of strike action. Members of the Canadian Union of Public Employees Lo-

cal 3890 voted 93 per cent in favour of striking to back contract demands and fight employer demands for major concessions. The vote was held Saturday and released yesterday.

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Canada

Stem cell research code set for public

Call to action headed by Canadian bioethicist

A made-in-Canada charter outlining the ethical principles of international stem cell research is being presented today at the World Stem Cell Summit in Baltimore.

The Stem Cell Charter is a collective call to action in support of stem cell research and a web-based, interactive document detailing how that science should be advanced, says lead author Bartha Knoppers, a bioethicist at McGill University in Montreal.

The charter, available in both English and French at stemcellcharter.org, lays out a code of conduct for stem cell researchers aimed at promoting science that is carried out in a responsible, ethical way while protecting people from harm and safeguarding the public trust.

"There have been a lot of spurious claims in this area, people doing the first of this or the first of that,

"It's a wake-up call to scientists to remind them that if they want to work in this field, they have to do so under a scientific code of conduct."

Bartha Knoppers, bioethicist, McGill University in Montreal

and it not being true," said Knoppers.

For instance, some private clinics in China and other overseas countries say they can cure a number of diseases using stem cell injections, but there is no scientific evidence to back their claims.

"We'd like to keep it a credible science, we'd like to keep it a science that merits public investment and public funding," said Knoppers, adding that people need to know how to "distinguish the real science from the hyped-up private profiteering."

Signing on and adhering to the charter is one way of

doing that, she said.

"It's a wake-up call to scientists to remind them that if they want to work in this field, they have to do so under a scientific code of conduct and it's to reassure the public that this is not the Wild West."

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News in brief

DEATH A former Saskatchewan man who travelled to Honduras to adopt a baby boy he met while volunteering with a charity that fights AIDS in children has been killed by two masked gunmen in the Central American country. Dallas Martens was trying to protect his wife, Krissy, from a robbery attempt when he was shot over the weekend, according to a statement on the website of the Jayne Morgan Project.

VISA MEASURES The European Union's top justice official says he will push for retaliatory measures against Canada if it does not move to lift visa restrictions on Czech citizens by the end of the year. The EU's Justice and Home Affairs Commissioner Jacques Barrot says if nothing moves by the end of the year, he would recommend to EU countries to impose "some form of retaliatory measure."

ASSAULT An infant boy in Winnipeg remains in serious but stable condition after being hit in the head during what police believe was a domestic dispute.

THE CANADIAN PRESS

Ottawa Shackled



Alleged terrorist associate Mohamed Harkat shows his GPS tracking bracelet in Ottawa yesterday. Harkat must continue to wear the bracelet despite approval of lighter bail conditions.

Judge grants 60-day delay in 9-11 trial

A U.S. military judge agreed yesterday to another delay in the war crimes trial of five Guantanamo prisoners charged in the Sept. 11 attacks. **THE ASSOCIATED PRESS**

5

World



John A. Gotti back on trial

The fourth racketeering trial of John A. (Junior) Gotti began yesterday with the U.S. government portraying the Mafia heir as a maniacal killer and chronic criminal who has dodged prison by intimidating witnesses and obstructing justice. Three earlier racketeering trials of Gotti ended with deadlocked juries. For each trial, prosecutors reshaped the case with a common thread that Gotti followed his father, the late John Gotti, as the street boss of the Gambinos, one of New York City's five organized crime families. **THE ASSOCIATED PRESS**

Dozens killed in massacre

SUDAN Gunmen attacked a village in southern Sudan and killed some 80 people and wounded 46, said a southern government official yesterday, adding that he believed the militia was organized by the central government.

Maj. Gen. Kuol Diem Kuol, spokesman of the southern Sudanese military forces, said Lou Nuer tribesman attacked the village of Duk-Padiet in Jonglei state on Sunday killing around 80 people, including 61 civilians. The UN has warned about a rising wave of tribal violence in South Sudan that in the past months has killed more than 2,000 people.

THE ASSOCIATED PRESS

Zelaya defiantly returns home

Deposed President Manuel Zelaya made a dramatic return to Honduras' capital yesterday, taking shelter from arrest at Brazil's embassy and calling for negotiations with the leaders who forced him from the country at gunpoint.

The interim government ordered a 15-hour curfew, but thousands of Zelaya supporters ignored the decreed shutdown and re-

mained outside the embassy, dancing and cheering. Others in the capital rushed home, lining up at bus stands and frantically looking for taxis.

The leftist leader's homecoming creates a sharp new challenge for the interim government that has threatened repeatedly to throw him in jail if he returns.

Chants of "Yes we could! Yes we could!" bellowed from the crowd outside the Brazilian Embassy.

Zelaya told The Associated Press that he was trying to establish contact with the interim government to start negotiations on a solution to the standoff that started when soldiers flew him out of the country June 28. **THE ASSOCIATED PRESS**

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Bahamas Travolta extortion trial



Former Bahamas senator Pleasant Bridgewater, centre, arrives at court yesterday. A jury was selected for a trial that could see John Travolta take the stand against Bridgewater, accused of trying to extort \$25 million US from the movie star following his son's death in the country.

News in brief

ARREST A popular Cuban American Spanish-language actor has been charged with possessing child pornography. A police report says 45-year-old Adonis Losada was arrested Friday at his Miami Beach apartment. Investigators say

they found a child pornography image Losada sent to a social networking website. Police say investigators then searched Losada's home and found 18 child porn images on his home computer.

THE ASSOCIATED PRESS

Students told to prove residency or face expulsion

U.S./MEXICO Students living in northern Mexico have skirted residency requirements to attend U.S. public schools for generations, but when the superintendent in one Texas border town got word that about 400 school-age children were crossing the international bridge each day with backpacks but no student visas, he figured he had to do something.

Kelt Cooper of the San Felipe Del Rio Consolidated Independent School District directed officials to stake out the bridge and warn students they could face expulsion if they don't prove they live in the district — a move that's brought complaints from civil rights groups and support from anti-immigrant proponents.

THE ASSOCIATED PRESS

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Comment & Views

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Comment

PM's socialist hookup

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

Everything was going the Conservatives' way. They were building a good lead in the polls. The recovering economy was working in Stephen Harper's favour. Michael Ignatieff had nothing in his department store window. His pushing for an unwanted election appeared to be backfiring.

But then, the big retreat. Harper looked at the flavourful prospects, turned and walked away. He caved to NDP demands on employment insurance to avoid going to the polls.

It's not in the prime minister's stern character to back off like that. The prime motivation, it appears, is he decided a majority was not in the offing. To survive he pretty much needs that majority and he wasn't about to take the risk of not getting it.

Harper didn't suffer for his decision. He could have been whacked for chickening out. He could have been mocked for relying on a coalition of sorts to avoid defeat in Parliament — this, having decried the whole idea of anyone aligning with socialists and separatists. But there's a lot of conservative media in this land. They gave him a pass. Instead, it was the NDP

that — weirdly — took the brunt of the criticism. The New Democrats had been pushing for a more generous EI system. They got the government to come their way. Canadians didn't want an election now. The NDP's acceptance of the PM's reforms avoided one. Good on both counts. But instead of receiving plaudits, the Dippers lost the spin game. Even though their polling is close to traditional levels, they were viewed as being desperate to avoid an election.

It's true the New Democrats had long mocked the Liberals for propping up the government and here was Jack Layton doing that very thing. But, unlike the

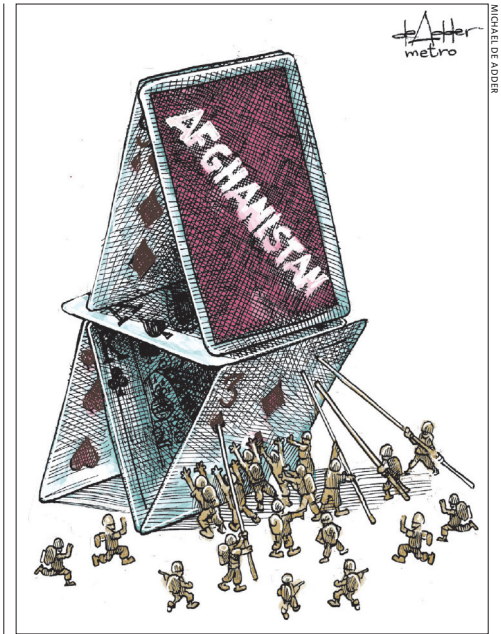
Liberals, this was only one time. And EI reform was not a bad reason. The party had the image of being knee-jerk — of opposing everything the Conservatives did just for the sake of opposing them. This time they looked to be acting rather responsibly.

As for the Harper Conservatives, they have demonstrated a willingness to compromise and have likely assured themselves another six months in power. They could still be defeated on a confidence vote this fall, but it's less likely.

Harper is gambling that his support will increase in the months to come. He decided that if he had to change his stripes and be in league with socialists, so be it. It's politics. Shift happens.

"(Harper) decided that if he had to change his stripes and be in league with socialists, so be it. It's politics. Shift happens."

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DI ADORNI

Views

1Mtweets a revolutionary movement



Dr. Becky
Reuber

We all recognize Canadian inventiveness in cool products like the BlackBerry and Lululemon gear. But yesterday was a watershed day in Canadian innovation with the launch of A Million Tweets to Remember, a movement that is revolutionizing the way social causes connect with online communities.

A Million Tweets to Remember — or 1Mtweets in the online world — seeks to digitally memorialize one million people who have lived with Alzheimer's disease. It's built on Twitter, which is a social networking platform that connects people by allowing them to send short messages — called tweets — to each other. The 1Mtweets website allows

family and friends to tweet about the Alzheimer's sufferer they are memorializing and to make a donation directly to research on the aging brain.

Tweeters can also create a multimedia web page — yes, called a twibute — for their loved one to expand the thoughts in their tweet through stories and pictures. One in three of us knows someone with Alzheimer's and through a twibute we can give our children a portrait of who they once were.

What's groundbreaking about A Million Tweets to Remember is that it unleashes the power of social networks for a philanthropic cause. Many of us have joined online com-

munities through platforms like Facebook or classmates.com, and even more of us have contributed to charities. The 1Mtweets movement shows how these two aspects of our lives can be brought together.

Not surprisingly, then, Jordan Banks, the founder of A Million Tweets to Remember, is a star in both fields. He's the former managing director and second employee of eBay Canada, and now an angel investor in the Canadian high-tech scene, but he's also committed a significant amount of time to raising money and awareness for Alzheimer's research and care. "I've seen four of my grandparents battle Alzheimer's and, in their honour, I want to do something

monumental," says Banks. "The sense of community on Twitter is incredible, making it a great resource to raise awareness for Alzheimer's and memorialize those who have lived with this devastating disease."

A Million Tweets to Remember will be the largest movement to date on Twitter and will hopefully raise a lot of money for research on Alzheimer's. Most importantly, it will be the largest archive ever created of people with dementia.

Just last week, U.S.-based marketing guru Seth Godin commented on the power of online social communities and asked, "But where are the charities?"

Look north, Seth, look north to Canada. And check out 1Mtweets.com.

Dr. Becky Reuber is professor of strategic management at the Joseph L. Rotman School of Management, University of Toronto.



Worth mentioning

Cut emissions, create 10 million jobs: Blair

Former British prime minister Tony Blair says he hopes to break the "deadlock" in global climate talks with evidence that 10 million jobs could be created by 2020, if developing nations agree to big cuts in greenhouse gases.

Blair, heading up a climate initiative, released a report that also shows a global climate agreement could increase the world's GDP by 0.8 per cent by 2020, as compared with the projected gross domestic product with no climate action.

He was visiting New York ahead of a UN climate summit drawing 100 world leaders today and a flurry of supporting events in New York City this week.

The events are intended to build support for crafting a new climate deal in Copenhagen, Denmark in December to replace the 1997 Kyoto Protocol that expires at the end of 2012.

"I think it is possible, and the purpose of the report is to show that in economic terms, certainly in the medium and long term, it's hugely to our economic benefit to get a global agreement," Blair said Sunday.

THE ASSOCIATED PRESS

Computer model

• Tony Blair's report, one of a series he is promoting, is based on computer modelling by Cambridge University economists.

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U.S. bill aims to help recession-hit

A bill proposed in the U.S. would extend unemployment benefits for people in states with high unemployment rates whose benefits will run out by end of September. **THE ASSOCIATED PRESS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Reichmann exits Canary Wharf Group

British media report that Canadian businessman Paul Reichmann has given up his stake in the London Docklands development, marking the end of his 22-year involvement with the site.

According to reports in several British newspapers Songbird Estates has announced that it has increased its shareholding in Canary Wharf Group to 69.3 per cent after acquiring an 8.45 per cent holding from Commerzbank for 112.5 million British pounds.

The Daily Telegraph reports that those shares be-

longed to Reichmann, but had been pledged against loans to Dresdner, a Commerzbank subsidiary. Dresdner was acquired by Commerzbank earlier this year.

Reichmann, 78, was the brains behind the landmark development, a massive complex that covers more than 38 hectares, after brokering a deal with then prime minister Margaret Thatcher in 1987.

The project led his Toronto company, Olympia & York, one of the biggest real estate developers in the world, into bankruptcy in 1992. He fought back, reacquiring Canary Wharf from banks in 1995.

In 2004, he lost control of Canary Wharf for the second time as the Songbird consortium acquired a controlling stake in the asset for 1.9 billion British pounds. Reichmann maintained his small stake of 8.45 per cent of the Class B shares.

But the project was dealt a final blow last year after the collapse of the international financial industry.

THE CANADIAN PRESS

Paul Reichmann

m.metronews.ca



Scan this barcode for more Business news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 2

Italy House arrest looms



Italian businessman Giampaolo Tarantini is seen in a car as he leaves the Bari prison where he was detained yesterday. News reports said Tarantini, who was involved in Prime Minister Silvio Berlusconi's sex scandal, has been placed under house arrest in Rome as part of a drug probe.

Former Norbourg president pleads guilty to 200 criminal charges

MONTREAL After spending years steadfastly proclaiming his innocence, accused trust-fund scammer Vincent Laroix shocked a courtroom yesterday by pleading guilty to 200 fraud-related charges.

The former head of Norbourg Inc. entered the pleas in Quebec Superior Court and immediately was sent to prison. He apparently came to court prepared. He was toting a gym bag and wearing running shoes and a casual sweater. Sentencing arguments will be heard Friday. Jury selection will continue for the five other co-accused in the case.

THE CANADIAN PRESS

Business in brief

SECURITY Foreign acquisitions of Canadian securities dropped to a fraction of the year's monthly average in July. Foreign buyers bought \$351 million in securities in July after investing \$61.9 billion over the first six months of 2009. Canadians sold \$526 million of foreign securities as divestment in debt instruments continued and investment in foreign stocks slowed.

REAL ESTATE The amount of empty office space across Canada continued to rise in the third quarter due to higher unemployment in white-collar industries and excess inventory in some cities, a new report shows. Vacancy rates for commercial real estate are expected to keep rising "well into 2010," CB Richard Ellis Ltd. said in the report released yesterday.

THE CANADIAN PRESS

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Guyana..... 27.9 ¢
Honduras..... 15.9 ¢
Trinidad..... 7.9 ¢

Middle East

Egypt..... 14.9 ¢
Iran..... 3.9 ¢
Syria..... 18.9 ¢
Lebanon..... 9.9 ¢
Saudi Arabia... 3.9 ¢
U.A.E..... 16.9 ¢

South Asia

Afghanistan... 24.9 ¢
Bangladesh... 3.9 ¢
Bhutan..... 15.9 ¢
Nepal..... 7.9 ¢
Sri Lanka..... 11.9 ¢

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Your Money

EDITOR: FERMIN.DESOUZA@METRONews.CA



Caregivers must have guidelines

MoneyMatters



Q Three months ago, my widowed father hired a caregiver who comes to his condo. She cooks, cleans, runs errands and is great for company. My father is 74 years old and legally blind with some physical disabilities. Recently, I was looking over his last bank statement and noticed several withdrawals that I asked him about. He was unable to explain what they were for. The caregiver helps him sign cheques and has access to his bank PIN. What can I do, so this does not happen again?

— Terry

A Good caregivers do become very close to their charges. They take over roles that were previously performed by family members. That said, an employer and employee can have a cordial relationship, as in any business. But there must be guidelines and controls in place to protect and benefit both parties.

It is in your father and caregiver's interest to maintain a professional employer-employee relationship. The caregiver should not be given responsibilities beyond what

Family ties

Family members should check regularly:

- Banking access and authorization.
- Changes to wills, etc., with lawyers.
- Investment accounts.
- Accountants and financial advisers.

she was hired. It is not fair for her to take on tasks where her character and integrity may be in question.

Power of attorney to access bank accounts should be restricted to the bank holder or a family member. Unauthorized individuals should not use bank cards and PINs.

Unfortunately, when you are dealing with money, it tends to disappear faster than a magician's sleight of hand, now you see it, now you don't. What follows are horror stories by worker and employer alike. Family members must take a more active role. Great as they may be, "caregivers do not a family make."

To avoid penalties by Canada Revenue Agency, caregivers should be on the pay-roll and file remittances periodically. T4s should be issued at year-end.

Contact CRA or a tax professional who can advise you.

Henry Choo Chong, CGA, can be reached at choochonghcgca@yahoo.ca.

On the web

Investing:

Allan Small discusses when to take profits on your investments, what to look at before you do it and when to do it. Visit metronews.ca/investing.



Can you afford to buy a home?

Alison On Money



Fall is often a great time to shop for a home. New home and condo builders are anxious to clear inventory and other sellers don't want to hit

the winter real estate doldrums with a home that has been listed for months.

With the recession entering into history (if you believe the oft wrong finance chief Jim Flaherty), you might be thinking now's the time to strike.

Usually, I recommend doing window shopping before making major purchases. Not with home buying. There's way too much emotion compounded by real estate agents who are skilled at instilling

a sense of urgency — "I expect an offer soon. The house across the road sold after a bidding war." The minute you start looking, you'll want to start buying.

Instead, start a house hunt with a Can I Afford My Home budget. If you have mortgage pre-approval you know the interest rate and can work out payments. Don't forget the land transfer tax. Go to realtor.ca and use the mortgage and tax calculators for properties in your

Alison's Money Rule:

- Don't even think of making an offer on a house or condo until you've completed a Can I Afford My Home budget.

price range. Add in legal costs and required insurance if you have a high ratio mortgage.

You have your expected mortgage payment, next move on to your monthly housing nut. This includes condo fees, parking, property tax and insurance.

A call to your current agent can get you a rough insurance figure and a search of MLS listings in the area will do the same for taxes.

Estimate utilities — many people forget this if they have been renters. You should also count on spending a certain amount on maintenance, repairs and decorating.

You're thinking, "Hey! It's new I don't need to decorate." Does a new home buyer exist who doesn't want to change a few things? And if it is a resale there's always something that needs attention.

Now you have your monthly figure, ask yourself, can I afford it? If yes, go home shopping. If no, adjust your price point.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



Start a house hunt by first figuring out how much you can afford to spend including mortgage payments, land transfer tax, legal costs, insurance, and condo fees and parking charges if applicable.

More clicking, less clipping

COUPONS Put down the scissors: Coupons are available by phone, email, online and other digital forms. Here are hints on how to stretch your budget with the latest generation of an old standby.

SEEK: Deals are everywhere. Rather than waiting for a coupon for your favourite cereal or toilet cleaner to show up, you can find deals when you want them online.

Dozens of websites that are searchable by retailer and product category do some leg work for you. At the websites coupons.com,

retailmenot.com and many others, you just click on the coupon you want and print it out. Yahoo's recently revamped deals.yahoo.com is similar but covers such a broad range it can be daunting to search. You can even buy coupons on eBay.

Services such as cellfire.com deliver the deals you choose to your cellphone or let you upload them to your grocery store loyalty card. Also check the websites of companies that make your favourite products for direct offers, and check your favourite retailers' and grocers' sites, especially for deals on delivery or shipping.

STUDY: Numerous websites and blogs are dedicated to the art of couponing, finding the best deals and learning new ways to em-



The Cellfire coupon application for iPhone and iPod Touch.

ploy them. New ways of using coupons can yield new results. For instance, if your neighbourhood store is having a promotion on your favourite type of yogurt, don't stop there. Search online for store or manufacturer coupons (re-

membering to look by brand and maker as well as retailer) to combine with the promotion.

SIGN UP: Get your favourite stores' loyalty cards, which offer exclusive deals. At some retailers, cardholders also get additional coupons at the checkout or in the mail based on their purchases. Sign up for your favourite companies' Twitter feeds, check their Facebook pages and get on their email lists for deals. Some retailers offer discounts on a second purchase.

SHOP: Know the prices of items you typically buy: just because you have a coupon good for one store doesn't mean the item won't be still cheaper elsewhere — sometimes without a coupon!

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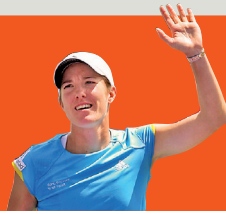
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Brett Favre's streak is not in danger: He has a bent fingernail. Favre's throwing hand was clearly hurting after his last throw for Minnesota in Sunday's win over Detroit. Favre has started 271 straight regular season games, believed to be an NFL record. **THE ASSOCIATED PRESS**

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA



Henin to comeback?

Former top-ranked player Justine Henin, left, will announce her comeback to competitive tennis today according to two top Belgian newspapers. Her spokeswoman did not return phone calls and Henin's own website had no comment on the rumours. Last year, Henin shocked the tennis world by announcing her retirement while still ranked No. 1. **THE ASSOCIATED PRESS**

Canada unsportsmanlike?

KRISTEN THOMPSON
Metro Canada



The desire to win at next year's Winter Olympics has outstripped Canada's sense of sportsmanship, according to the executive director of USA Luge.

Ron Rossi says a 30-year-old agreement between the American and Canadians — in which both nations allowed each other's teams unprecedented ac-

cess to their luge tracks — has fallen apart.

Canadian lugers were allowed as many as 500 extra training runs in Salt Lake City, but Americans have only been offered 18 training runs on 2010 tracks, Rossi said.

"The Canadians have given out the proper amount of training that's prescribed in the rule book," he said. "But we've had a relationship, and it's been rendered of no value. I

guess I take it a little personally."

"The desire of winning has outstripped the honour of sportsmanship," Rossi added.

American long-track speed skaters are also complaining of similar parsimony.

In the year leading up to the 2002 Winter Games, foreign skaters were given unlimited training access at the Utah Olympic Oval, said Marc Norman, facility

No gold at home

• Canada has failed to win a gold medal at both Olympics on home soil — Montreal in 1976 and Calgary in 1988.

operator at the venue in Salt Lake City.

He said it's "a little surprising" the Richmond Oval has only given foreign skaters two weeks to train.

"If that's the way it's got

to be to gain a competitive advantage, that doesn't really seem all that great," Norman said.

VANOC CEO John Furlong said the organizing committee is playing by the rules and is simply ensuring our athletes benefit from home field advantage.

"Foreign athletes are getting fair access," he said, adding it's standard for the home country to have home field advantage.

'I wish every day that I had not done it': Piquet Jr.

F1 Nelson Piquet Jr. wishes every day he had refused orders to deliberately crash at a race.

The fallout from that incident hit yesterday, when Formula One spared his former team severe punishment but indefinitely banned the disgraced official who called for the crash.

Renault received a suspended ban; the team would be permanently disqualified from the sport if it breaks the FIA's rules within the next two years. Flavio Briatore, who quit as team principal last week, was banned indefinitely from F1 activities by the World Motor Sport Council. Piquet, who received immunity from FIA, was ordered to crash at last year's Singapore Grand Prix to help teammate Fernando Alonso win. "I wish every day that I had not done it," Piquet said in a statement.

THE ASSOCIATED PRESS

Coyotes case drags on as judge still deciding

COURT There will be more arguments heard in court before Judge Redfield T. Baum decides who controls the beleaguered Phoenix Coyotes.

Baum has called an emergency hearing for tomorrow to give NHL lawyers an opportunity to present arguments against Jerry Moyes' request that the league be forced to mediate "key sale issues" in the complicated case.

It was expected that the next development in the Coyotes saga would come in the form of a written ruling from Baum. He oversaw an auction for the team on Sept. 11 and has been pondering his decision since then.

Moyes, who placed the team in Chapter 11 bankruptcy back in May, asked for the emergency hearing in court filings last week after the NHL rejected his re-

Carrying on

• Even as the Coyotes fate continues to be debated in court, they continue to prepare for the season. Yesterday, the club hired Dave King as assistant coach and replaced goaltending coach Grant Fuhr with Sean Burke.

quest for mediation. The judge granted the hearing yesterday.

The NHL team's former majority owner believes that a session with San Francisco-based mediator Antonio Piazza might produce the best possible result for creditors.

Baum has said in court that he would like to see the sides come together, but doubted that it was possible after everything he had heard and read.

THE CANADIAN PRESS

FIA reinstates Canadian Grand Prix to Formula One schedule

RACING Auto racing's governing body has ratified its calendar for the 2010 season and reinstated the Canadian Grand Prix, provided contract negotiations with Formula One management and Montreal organizers are completed.

The Canadian Grand Prix had been held at the Montreal track annually since 1978 before being dropped this season.

There will be 19 races in 2010. The world championship will start

on March 14 with the Bahrain GP, which replaced the Australian Grand Prix as the season's opener, FIA said in a statement.

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NFL Run Ronnie run!



Miami running back Ronnie Brown runs away from Indianapolis defenders Keyunta Dawson, left, and Tjuan Hagler. For a complete recap of last night's Colts-Dolphins game, visit metronews.ca/sports.

Sports in brief

CFL Casey Printers is returning to the B.C. Lions. The former CFL MVP signed a one-year deal with the club yesterday and will be placed on the practice roster. The Lions are thin on quarterbacks with CFL experience. The Lions are last in the West with a 5-6 record.

MLB The Houston Astros fired manager Cecil Cooper yesterday. The Astros are 70-79 and

have lost seven straight games. Third-base coach Dave Clark will take over as interim manager for the final 13 games this season.

NFL DRAFT Coach Mike Singletary has all but acknowledged the 49ers have filed tampering charges against the New York Jets regarding top San Francisco draft pick Michael Crabtree. The 22-year-old Crabtree,

selected No. 10 overall by the Niners in April's draft, is the last draft pick not signed. The wide receiver is seeking money comparable to higher picks and hasn't accepted the 49ers' offer for approximately five years and \$20 million US, with a reported \$16 million guaranteed. The Jets declined comment.

METRO NEWS SERVICES

SCOREBOARD

QMJHL

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Saint John	4	4	0	0	0	19	11	8
Moncton	4	3	1	0	0	12	10	6
P.E.I.	4	2	0	0	2	14	12	6
Acadie-Bathurst	4	2	1	0	1	10	9	5
Cape Breton	4	1	1	1	1	17	18	4
HALIFAX	4	0	4	0	0	10	22	0

CENTRAL DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Drummondville	4	4	0	0	0	22	5	8
Lewiston	4	3	1	0	0	12	9	6
Victoriaville	5	2	2	0	1	13	17	5
Shawinigan	4	2	2	0	0	13	21	4

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Quebec	4	3	0	1	0	17	14	7
Chicoutimi	4	1	1	0	2	12	16	4
Rimouski	4	1	2	1	0	12	22	3
Baie-Comeau	5	1	3	1	0	9	14	3

WEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Gatineau	4	4	0	0	0	19	7	8
Montreal	4	2	2	0	0	17	16	4
Val-d'Or	4	1	2	0	1	16	18	3
Rouyn-Noranda	4	1	3	0	0	9	13	2

Note: Two points for a win; one for an overtime or shootout loss.

MONDAY GAMES

No Games Scheduled.

SUNDAY RESULTS

Acadie-Bathurst 3 P.E.I. 2 (SO)

Drummondville 4 Victoriaville 3 (SO)

Moncton 5 Cape Breton 4 (SO)

Saint John 6 HALIFAX 1

TUESDAY GAME

Val-d'Or at Rouyn-Noranda

WEDNESDAY GAME

P.E.I. at Saint John

AUS FOOTBALL

ATLANTIC CONFERENCE

GP W L T PF PA Pt

St. F. Xavier 2 2 0 0 51 40 4

Acadia 2 1 1 0 68 53 2

Saint Mary's 2 1 0 0 57 34 2

Mt. Allison 2 0 2 0 36 85 0

WEEK 5

FRIDAY

McGill at Mount Allison

Sherbrooke at Saint Mary's

Acadia at Montreal

St. Francis Xavier at Concordia

It's important ... but I don't do it

Having a healthy diet is "very important" to a majority of Canadians — 85 per cent to be exact, according to Bensimon Byrne's latest Consumerology Report. Almost a third of Canadians who think a healthy diet is very important don't believe that they have a healthy diet. **METRO NEWS SERVICES**

11

Food

"Even though I know the booze business is a trend-driven machine, I'm still surprised at how many 'next big thing' wine brands just come and go."

PETER ROCKWELL, METRO COLUMNIST



Online

Read the rest of Peter Rockwell's Liquid Assets column on metronews.ca/liquidassets

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Breakfast for success

We all know that breakfast is the most important meal of the day. Unfortunately, more than half of us skip it due to a variety of reasons.

All of us, and especially children of school age, need to eat healthy, balanced diets to give them the energy and brain power to get through their days. However that doesn't often happen.

Having raised four children, I know that nutritious meals are key to healthy and energetic children, so this year I have become the new spokesperson for the national "Breakfast for Learning"



Rose's Whole Wheat Nut'n'Fruit Granola

foundation, an organization that focuses on educating children on nutrition in our schools.

Here's one breakfast recipe to get you started:

Rose's Whole Wheat Nut 'n' Fruit Granola

You'll never want to eat packaged granola again after you try this. This is the number-one breakfast

food in my catering company. It also has fewer calories and less fat than other granolas due to a smaller amount of oil and the use of apple juice and maple syrup. Serve with yogurt or milk.

PREP TIME: 15 MINUTES

COOK TIME: 35 MINUTES

MAKES 4 CUPS

INGREDIENTS:

- 2 cups large rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup packed brown sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 3 tbsp vegetable oil
- 1/4 cup apple juice

- 3 tbsp maple syrup
- 1/2 cup chopped nuts of your choice
- 1/4 cup chopped dried apricots
- 1/4 cup chopped dried cranberries

METHOD:

Preheat the oven to 300°F. Line a baking sheet with foil and spray with vegetable oil.

Combine the oats, flour, brown sugar, cinnamon, ginger, oil, apple juice, maple syrup and nuts in a large mixing bowl and stir to combine.

Spread the mixture out on the prepared baking sheet and bake for 35 min-

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

utes, tossing once to prevent burning.

Remove the granola from the oven and let it cool to room temperature. Add the dried fruit and stir. Store in an airtight container.

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Capture the romance of Paris with Quo's new limited edition Eiffel Tower Lipstick (\$15). It is a lip gloss and liner in one (the liner is concealed in the cap). It is available in six shades. Available at Shopper's Drug Mart. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Honey, they shrank my stomach!

Writer saw natural shift in eating habits after gastric bypass

CELIA MILNE
For Metro Canada

Gastric bypass surgery changed Steve Veale's life.

Last spring he was a morbidly obese guy with a limp and terrible eating habits. Now he's a regular-weight man who rides his bike a lot and craves fruit salad.

Veale has lost 63 pounds in four months. Because surgeons sealed off part of his stomach, he can only eat a tiny portion of the rich foods he used to consume. But what amazes him — and still puzzles scientists — is that he doesn't want to.

"Your tastes change," he told Metro. "It's weird. You

can eat whatever you want, but what you like has changed overnight. Gimme watermelon!"

Veale's surgery, which was done last May, is called Roux-en-Y gastric bypass. It involves stapling off most of the stomach and leaving a small pouch, about the size of a golf ball. The new pouch is attached to the small intestine, where food is processed. Vitamins and minerals are not as well absorbed into the body after this, so people who have the surgery must be willing

to drink protein shakes, swallow countless supplements and eat very healthy food.

"It is very effective. Almost everyone loses weight," says Dr. Mehran Anvari, director of the bariatric surgical program at St. Joseph's and professor of surgery at McMaster University in Hamilton, Ont.

About 70 per cent of people maintain more than half of their weight loss over five years, he says.

How much food and what

types of food the new pouch can handle is a matter of "trial and error," says Veale. Chinese food, for instance, comes right back up again.

Veale, who is a 59-year-old travel writer, was a candidate for the surgery because at five-foot-10 and weighing 294 pounds, his BMI was 42.4. Plus he had a bum knee.

Veale's surgery was paid for by the Ontario Health Insurance Plan (OHIP) but done in Warren, Mich. Some Canadian provinces are ramping up their facilities to do gastric bypass surgery.

Quebec and Alberta also have programs.

To follow Steve Veale's blog, go to metronews.ca/blogs



Steve Veale, a 59-year-old travel writer from Toronto, lost 63 pounds following Roux-en-Y gastric bypass surgery last May. He says his taste buds now have him craving healthier foods.



Recent evidence shows that couples suffer 50 per cent more sleep disturbances if they share a bed.

Separate beds may be good for your relationship

The J Spot

Josey Vogels

metronews.ca/thejspot

Beyonce and hubby Jay-Z made it trendy when it was rumoured that they sleep separately, even going so far as to rent separate hotel rooms when they travel together.

But now, it's scientific fact. Sleeping together may actually be bad for your

health.

Sleep specialist Dr. Neil Stanley, head of one of Britain's leading sleep labs, recently told the British Science Festival that while couples believed they slept better with their partner, evidence has proved that couples suffer 50 per cent more sleep disturbances if they share a bed.

The resulting lousy night's sleep can be linked to everything from depression to heart disease, strokes, traffic and industrial accidents and even divorce.

Of course, this news goes against conventional wis-

dom. As a culture, we believe that separately is a sign of trouble in paradise that leads to marital doom.

But Stanley, who sleeps separately from his wife, says that historically, couples sharing a bed wasn't even common until the industrial revolution, when people moved to overcrowded towns and cities and living space was limited.

In ancient Rome, for example, the marital bed was for one thing, and that wasn't sleeping.

I've long believed that sleeping apart — even having separate bedrooms —

can actually be good for a relationship. Not only do you get a decent night's sleep, but you get your own space when you need it, and you can relish in the excitement of sneaking into each other's room just like when you were just dating and your parents made you sleep in separate bedrooms when you stayed with them. Besides, nothing builds resentment more than watching your partner sleep blissfully beside you while you toss and turn beside them.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Gibbard, Deschanel married

Five hundred days of summer — plus one day of marriage. Zoëy Deschanel, 29, and Death Cab for Cutie singer Ben Gibbard, 33, tied the knot Saturday night near Seattle, her rep tells People. **METRO NEWS SERVICES**

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

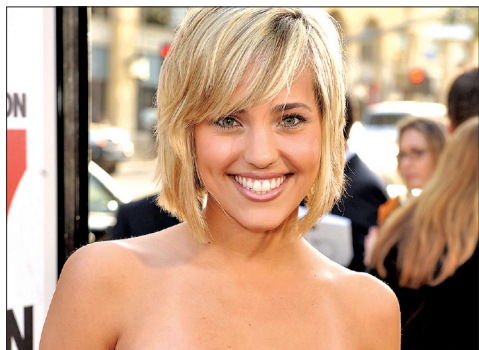
Dancing with Fame

CHRIS ALEXANDER
for Metro Canada

Back in 1980, when maverick U.K. filmmaker Alan Parker released his immensely popular, generation-defining musical drama *Fame*, times were considerably different.

The movie examined the lives of a select group of young aspiring performers at New York City's High School for the Performing Arts, giving people an intimate — often off-colour — but always honest portrait of the dreams and passions of youth.

Next week sees the release of the glossy, state-of-the-art remake of *Fame*, a film that is being billed as a "re-imagining" of the source. And while this



Kherington Payne stars in the remake of *Fame*, opening Friday.

Fame still touches on the same themes and high-energy performances, the novelty may have worn off a bit, especially in this age of reality TV equivalents like *American Idol* and, more resonantly, *So You Think*

You Can Dance, a program that co-star Kherington Payne is more than a little bit familiar with.

"I think we had to take a different approach than the original did," says Payne, who herself was a

Movie feature

top 10 finalist and fan favourite on *So You Think You Can Dance* last year.

"The world of the performing arts isn't as secret as it was when the first film was released. Things have changed so our *Fame* is a fresh perspective."

One of the major differences between the two versions is the target audience. The original picture was rated R due to the level of frank language and sexuality; the new version opts for a lighter approach.

"This is PG all the way," says Payne.

"The movie is designed for families, to inspire kids of all ages and just be entertaining without offending anyone."

Hardcore band F—ked Up take \$20,000 Polaris Prize

BRYAN BORZYKOWSKI
for Metro Canada

The Polaris Music Prize might not be the most well-known music award in Canada, but for Toronto hardcore band F—ked Up, it's the only one that matters.

The six-piece, which released *The Chemistry of Common Life* last October, won the fourth annual prize at a gala event last night. Besides the album being crowned the best disc of 2008-09, the group takes home a \$20,000 cheque.

While the money helps, it's the international acclaim that comes with the award that's the real prize. Unlike the Junos, the nominees for the annual prize are mostly under-the-radar

Polaris winners

- 2006 — Final Fantasy, He Poos Clouds
- 2007 — Patrick Watson, Close to Paradise
- 2008 — Caribou, Andorra
- 2009 — F—ked Up, *The Chemistry of Common Life*

acts — nominees such as Hey Rosetta!, Malajube and Chad VanGaalen aren't selling thousands of records — so increased attention is a major career boost for these musicians.

Last night, the award was handed out for the fourth time at a glitzy gala hosted by CBC Radio 3's Grant Lawrence and MuchMusic's Sarah Taylor that featured performances from all 10 nominated acts.

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/22/09	31	31	31	ABC	News Center 5	ABC Wild News	Inside Edition	Chronicle	Dancing With the Stars (HDTV) (Live)			the forgotten
	7	7	7	ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	Dancing With the Stars (HDTV) (Live)			Wife Swap
	11	11	11	CBC	Wheel-For-Tune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (DVS)	CBC News: The National		The Hour
	2	2	2	CBC-F	Pyramid (SC)	La Force	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	Aveux "La Séparation" (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	NCIS (N)	NCIS: Los Angeles (N)		The Good Wife
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	Qui perd gagne (SC)	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles
	6	6	6	CHIF	Entertainment	ET Canada	The Good Wife "Pilot"	NCIS (N)	NCIS: Los Angeles (N)	News Final (N)		News Final (N)
	9	9	9	CJCH	etalk	Hollywood	You Can Dance	Law & Order: SVU		The Mentalist (N)		CTV News
	10	10	10	ELTV	All Access	Atlantic Film Festival Notice Board						All Access
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Hell's Kitchen (PA) (N)			Fox First
news	12	12	12	NBC	News (N)	NBC News	Headline	Extra (N)	The Biggest Loser (N)			Jay Leno Show
	29	29	29	NW	World News	Business	CBC News	Mansbridge	CBC News: Tonight	CBC News: The National		fifth estate
	4	4	4	PBS-B	NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Nova (DVS)	Grown in Detroit		And They Flew
	68	68	68	TQS	Guerre clans	Wipe Out	Bienvenue	Rire et délire	La Verité choc	Pratique privée (SC)		Wipe Out
	23	23	23	BNN	Business News	Headline	Market Call Tonight	After Hours	Market Call	Squeeze Play		Business News
	18	18	18	CNN	Situation Room-Top 10	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10		Top 10
	52	52	52	RSE	Connected W-Prime Time		MLB Baseball Baltimore Orioles at Toronto Blue Jays. From Rogers Centre in Toronto.					Sportsnet Con.
	55	55	55	SCORE	Morency		Cabby Unlimit	Score Today	FullTiltPoker.net Million	X-Fighters		Score Now
	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	Monster Jam (HDTV)	Super Bikes!		Jacked!
sports	53	53	53	TSN	Off the Record	SportsCentre	NHL Preseason Hockey Pittsburgh Penguins at Toronto Maple Leafs.			SportsCentre		
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz		Ned's School
	44	44	44	TOON	Jimmy Two	Johnny Two	Scoby-Doo	Total Drama	6TEEN	Futurama		American Dad
	26	26	26	TREE	Wonders Pets	3rd and Bird	Backyardigans	Night Grdn	Waybuloo	Franklin		Babar
	27	27	27	YTV	iCarly		Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris		Family Biz
	16	16	16	A&E	CSI: Miami (HDTV)		Criminal Minds (HDTV)		The First 48	Manhunters		Manhunters
	70	70	70	APTN	APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	First Nation		Caution: Nuts
	50	50	50	BET	106 & Park: BET's Top 10 Live				The Cookout ★ (2004, Comedy) Ja Rule, Tim Meadows.	Moose TV		Frankie-Neffe
	37	37	37	BRVO	Wind at My Back		The Four Seasons Mosaic		Live at the Rehearsal Hall	Jessye Norman Jessye Norman's life.		
	25	25	25	CMT	Star Crossed	Project Mom	Funnest Home Videos		Reba	According-Jim		Home Improve.
family	49	49	49	COM	Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl		House Party
	153	153	153	COURT	Killer Next Door		World's Wildest Police Videos		Cops Uncut	Dumb Criminal		Police Videos
	38	38	38	DISC	Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made		Deadliest
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	HGTV's Top 10	Dirty Business		House Hunters
	46	46	46	HIST	Ultimate Engineering		Ancient Discoveries		Cities of the Underworld			Engineering
	17	17	17	MM	Starmaker		One Tree Hill "Hundred"		My Date With...	Video on Trial		MuchNews
	19	19	19	MMM	mmtop10.ca		The Daily Fix		Ranked!			H.S. Reunion
	201	201	201	MPT	(6:15) Boy A (2007)		(8:15) The Last Door (2004, Drama)	Andy Garcia.		The Bucket List (2007, Comedy-Drama)		
	48	48	48	OLN	Mantracker		Ghost Hunters		Bounty Hunter	Bounty Hunter		Survivorman
	51	51	51	PEACH	The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne		Ghost Hunters
cable variety	206	206	206	PIX	(6:30) The Adventures of Ford Fairlane		Family Guy	(8:20) Crosswinds	★ ★ (1994, Action)	The Jerk ★ ★ (1979, Comedy)		Shanghai
	67	67	67	RDI	RDI monde	RDI économie	24 Hours on 60 minutes		Grands reportages (SC)			RDI économie
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits		The Unquiet (2007, Suspense) Cara Buono, Chris Martin.			Bones
	40	40	40	SLICE	Skin Deep	Skin Deep	Rich Poor	Rich Poor	Wedding SOS	Wedding SOS		Bulging Brides
	47	47	47	SPACE	Stargate SG-1 (DVS)		Stargate Atlantis	(DVS)	Star Trek: Voyager	The Nightmarer		Fringe
	14	14	14	SPIKE	CSI: Crime Scene Instvgt.		CSI: Crime Scene Instvgt.		CSI: Crime Scene Instvgt.	Surviving Disaster "Hijack"		Surv. Disaster
	97	97	97	STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)		Dr. Oz Show
	21	21	21	TLN	What Not to Wear		Toddler & Tiaras		Jon & Kate	Jon & Kate		Table for 12
	56	56	56	TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	Stunt Stars	18 Kids-Count		Family Guy
	20	20	20	TVS	Que. champion	Journal de Fr2	Zoom animal		Pékin express	Switch		Expression
cable variety	28	28	28	V	Mysterious Ways		Murder, She Wrote		Bless-Father	Dinnerladies		Unscripted
	60	60	60	97	VIVA	Da Vinci's Inquest	Judging Amy		Missing "Mr. Nobody"	The Closer		Da Vinci Inquest
	22	22	22	W	House-Sell	Style by Jury	Old Christine	Friends	Friends	Style by Jury		Good Naked
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	90210 (HDTV) (N)	Melrose Place "Grand"		WGN News

critics' corner

The Good Wife

Julianne Margulies won an Emmy for her work on "ER," and it seems likely she'll nab another nomination at least for her emotionally raw performance in this new drama series. She plays Alicia Florrick, the long-suffering spouse of an politico (Chris Noth) who gets sent to prison following a sex scandal. That leaves Alicia to try to pick up her long-dormant legal career. 8 PM on CHIF; 11 PM on CBS



Being Erica

Let's hope Erica (Erin Karpluk) learned from her attempt to prevent her brother's death at the end of last season. She went back in time again to repair the damage she'd caused in the present, but things are still different since she got back. For one thing, Dr. Tom is no longer her therapist and time-travel mentor. But that doesn't mean an end to her blasts into the past in the season premiere, "Being Dr. Tom." 9 PM on CBC

NCIS: Los Angeles

Set in the high-stakes undercover surveillance world of the Office of Special Projects, this spinoff of "NCIS" stars Chris O'Donnell as Special Agent "G" Callen, a versatile operative who can assume just about any identity to crack the criminal underworld. 10 PM on CBS. CHIF



For September 21st

- Boys Like Girls - Love Drunk
- Jay Sean Ft Lil Wayne - Down
- Lola - High Heels
- Jay-Z Ft Kanye West & Rihanna - Run This Town
- Cobra Starship - Good Girls Go Bad
- Miley Cyrus - Party In The USA
- Justin Bieber - One Time
- David Guetta Ft Akon - Sexy Chick
- Jason Derulo - Whatcha Say

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After 10 months of dating, actor John Krasinski knew it was time to propose to his now-fiancée Emily Blunt. "So many people say, 'You know when you know,' and it's true," he said, adding, "it was a tough gig, but somebody had to do it." **METRO NEWS SERVICES**

Celebrity Buzz

Fat and K-Fed knows it

SELF-ASSURED Talk about Kevin Federline's ghastly weight gain all you want. "He doesn't care," his ex Shar Jackson told *us*-magazine.com Sunday. "The beautiful thing about him is that he could care less."

As his ex Britney Spears continues her Circus tour, he's been on the road looking after their sons Sean Preston, 4, and Jayden James, 3.

Jackson said that he still manages to phone the two children he has with her: Kori, 7, and Kaleb, 5.

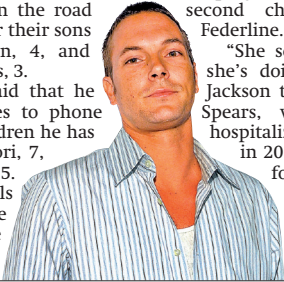
"He calls them all the time," she told *Us*.

"They have good long phone conversations. I'm like, 'Ok, that's good. Hang up the phone 'cause we have stuff to do.'"

Jackson said she is also proud of Spears — whom she once loathed. (Spears famously began dating Federline while Jackson was pregnant with her second child with Federline.)

"She seems like she's doing well," Jackson told *Us* of Spears, who was hospitalized twice in 2008. "Good for her."

METRO NEWS SERVICES



Who will make Mischa's coffee?

NOW HIRING: COFFEE INTERN Mischa Barton is still making work on *The Beautiful Life* difficult, according to Page Six. An on-set source says Barton has been showing up to work so bleary-eyed, she's been holding up

filming, and one day recently, she "kept demanding that someone make instant coffee for her."

"Often, she'll stare at the coffee for minutes at a time and say, 'Who will fix my coffee? I need someone to fix my coffee.'"

METRO WORLD NEWS



MJ's 'son' Omer to play him in biopic

A LITTLE TOO LITERAL Michael Jackson's "son" is to play him in a new film. Omer Bhatti — whom the late King of Pop allegedly told friends he had fathered — will play Jackson in a movie charting his rise to superstardom in the '80s, *femalefirst.co.uk* reports.

A source told Britain's *The Sun*: "Michael's story from childhood to the height of success is nothing short of astounding."

"The family feel fans would love to see a dramatic retelling. They want to cover his childhood and family life but really focus

on when his career went into overdrive."

Although the Norwegian Bhatti — who has worked as a Michael Jackson impersonator — denies Jackson is his biological father, he has revealed the singer used to tell him he was "like a son" to him.

He was also welcomed by the Jackson family and sat in the front row at Jackson's Los Angeles memorial service in July.

Since his death in June, Bhatti has reportedly stayed at the Jackson family home in California.

Bhatti, 25, first met Jackson in 1996.

It has also been reported that the Ferris wheel that used to entertain visitors at Jackson's Neverland Ranch has been enjoying a second life after an amusement company picked it up at an auction that liquidated items from the estate last year, according

to the Associated Press. "We ourselves really didn't advertise it," said Theresa Noerper of Archway Amusements. "When he died, it kind of blew up. There's no keeping secrets then."

Jackson fans have reportedly been showing up as the wheel tours the south, paying respects and taking pictures.

METRO NEWS SERVICES



Madonna's candy store ambitions

ALWAYS WANT WHAT YOU CAN'T HAVE Madonna dreamed of working in a candy store, *femalefirst.co.uk* reports.

The singer — who now follows a strict diet and exercise regime — was so "obsessed" with sweet

treats as a teenager she wanted to sell them.

The 51-year-old revealed: "My dream was always to work in a candy store. It was because of my obsession with candy. I'm not obsessed anymore, now that my teeth are all rotten!"

"I did go to a university for a year and there was a candy shop that I used to go to all the time, an old-fashioned one where all the candy was in these big glass jars."

"I used to go in there and look at all the candy and think, 'God, it would be really cool to work in here; I could have candy whenever I wanted.'"

METRO NEWS SERVICES



Kourtney's Emmy wardrobe issue

MAT WEAR Kourtney Kardashian admits her baby bump was an issue while she got ready for Sunday's Emmys, *usmagazine.com* reports. "It's hard to get dressed when you're seven months pregnant almost!" she told Ryan Seacrest on the red carpet, while wearing a floor-length black gown. "It's challenging, but I still try to be fashionable."

METRO NEWS SERVICES



Drunken Hoff taken to hospital?

FAMILIAR STORY? Baywatch star David Hasselhoff was admitted to hospital Sunday after drinking heavily at home, *popeater.com* reports.

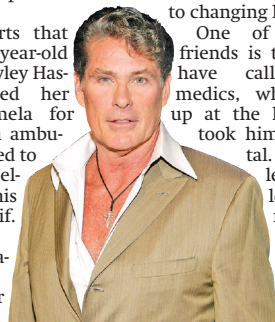
TMZ reports that his 17-year-old daughter Hayley Hasselhoff called her mother Pamela for help, and an ambulance was used to retrieve Hasselhoff from his Encino, Calif. home.

Hayley famously filmed her

dad falling-over drunk and eating from a plate on the floor in 2007, and put the footage on the Internet in an effort to shame him into changing his ways.

One of Pamela's friends is thought to have called paramedics, who turned up at the house and took him to hospital. He was allegedly released that night.

METRO NEWS SERVICES



Amy risks a drug relapse for those pearly whites?

SNAGGLE-TOOTHED NO MORE Amy Winehouse finally got around to getting her teeth fixed, but now pals are worried the painkillers she's been given to cope post-surgery might spark a relapse, according to the *Sun*.

"Amy's teeth were in a pretty gross state," a source said. "They were brown and stained and

needed major work on them and she was determined to get them back to their sparkling best."

"It's all major work and it's left her in almost constant pain, but she thinks the sacrifice is worth it. She's been given some very strong drugs to cope with the pain," the source added.

METRO WORLD NEWS



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Celebrity tweets

Pink doesn't appreciate being shushed, **Jimmy Fallon** has no time for dressing rooms, and **Courtney Love** is worried about America.

• **@Pink** I'm at an outdoor movie and some1 just "shushed me". I stated "rent the dvd" I'm not gonna lie, I'm gonna talk a little, I'm outside" heehee

• **@jimmyfallon** Just changed from a tux into street clothes in the back of a car in a Burger King parking lot. Off to the airport. New show tomorrow.

• **@courtneylover79** we cant let our people starve and get so fat they are committing carbicide, and have no health, it made

me really sad or teh economy, and more

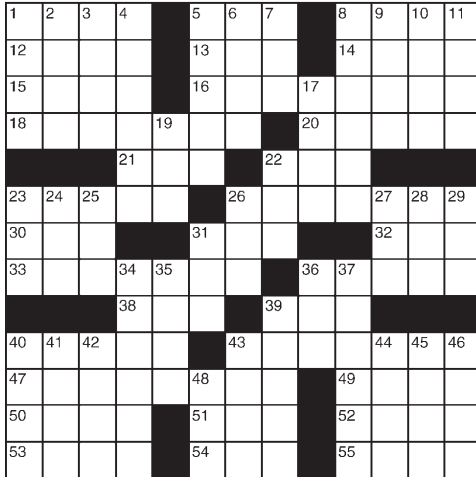
METRO WORLD NEWS





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 In the thick of
5 Letterman's network
8 Mafia boss
12 Unadorned
13 Exist
14 Sahara-like
15 Physical
16 News-item info
18 Air out, as laundry
20 Accumulate
21 Sailor's assent
22 Put to work
23 Wood-shaving tool
26 Tests
30 A billion years
31 Scale member
32 Adversary
33 Exhausts
36 Stood
38 Possess
39 Wildebeest
40 Quickly
43 Region of Australia
47 Make retroactive

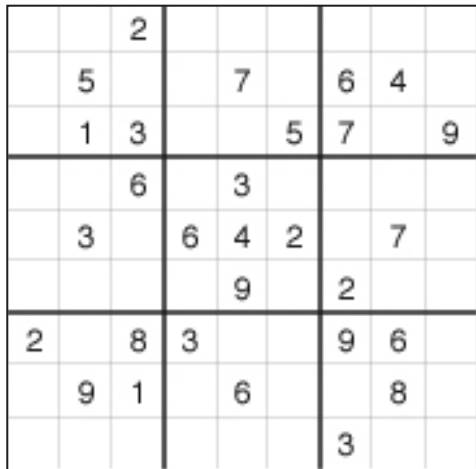
49 Sad
50 Lo-cal
51 That guy's
52 Get a glimpse of
53 Formerly, formerly
54 Fool
55 Colonial seamstress

DOWN
1 Cain's victim
2 Long skirt
3 Ahmadinejad's land
4 Abuse
5 Core group
6 Talk like 54-
7 Harden
8 Less nervous
9 Met melody
10 Cushion inserts
11 Honorific verses
17 Relaxed
19 Prepare Easter eggs
22 Link letters
23 Apiece
24 "Skip to My —"
25 Massachusetts cape
26 Speck
27 E.T.'s transport?
28 Ph. bk. data
29 Witness
31 Baltimore newspaper
34 Hole in the wall?
35 As yet unpaid
36 Pismire
37 Goodyear product
39 Surmise
40 Competent
41 Poker holding
42 Book after the Gospels
43 Elevator name
44 As well
45 Drink holders
46 Harpsichord lineup
48 "Eureka!"

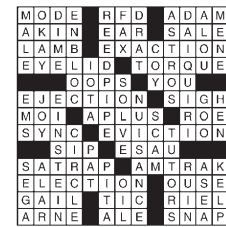
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	1	8	2	6	4	3	9
9	6	2	4	1	3	8	5	7
3	8	4	5	9	7	2	6	1
7	3	6	1	4	8	5	9	2
4	2	5	7	3	9	1	8	6
1	9	8	2	6	5	3	7	4
2	5	9	3	7	4	6	1	8
8	4	7	6	5	1	9	2	3
6	1	3	9	8	2	7	4	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Fettuccine Alfredo

INGREDIENTS:

4 oz (125 g) uncooked fettuccine
3 tbsp (45 ml) butter
1 cup (250 ml) heavy whipping cream
1/4 cup (50 ml) plus 2 tbsp (25 ml) grated Parmesan cheese, divided
1/4 cup (50 ml) grated Romano cheese
1 egg yolk, lightly beaten
1/8 tsp (0.5 ml) salt
Dash each pepper and ground nutmeg

METHOD:

1. Cook fettuccine according to package directions. Meanwhile, in pot, melt

butter over medium-low heat. Stir in cream, 1/4 cup (50 ml) Parmesan cheese, Romano cheese, egg yolk, salt, pepper and nutmeg.

2. Cook and stir over medium-low heat until thermometer reads 160°F (71°C — do not boil). Drain fettuccine; top with Alfredo sauce and remaining Parmesan cheese.

SERVES 2

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
The answers you seek are not hard to find but you'll need help from those who have asked the same sort of questions before you.



LIBRA
SEPT 23-OCT 23
Others may be having second thoughts about what you are doing but you have no doubts. Your momentum will keep you moving.



TAURUS
APRIL 21-MAY 21
You won't lack for self-belief today but as mind planet Mercury is still moving retrograde you are advised to check facts and figures.



SCORPIO
OCT 24-NOV 22
You are prepared to risk anything to prove you are the best at what you do. Before the day is over almost everyone will be singing your praises.



GEMINI
MAY 22-JUNE 21
Family issues that have been causing you problems can quite easily be resolved, but you must stop putting them off.



SAGITTARIUS
NOV 23-DEC 21
You will get your way today but you will probably upset one or two people in the process. But that won't worry you in the slightest.



CANCER
JUNE 22-JULY 22
Mars in your birth sign does wonders for your confidence and you won't hesitate to speak up today if you feel you have something to say.



CAPRICORN
DEC 22-JAN 20
You won't lack for things to say over the next 24 hours, but make sure that any criticisms you have are justified and that your reasons for airing them are positive.



LEO
JULY 23-AUG 23
You will have to bluff your way through a situation you would usually cope with quite easily. Fortunately others expect you to be assured and outspoken.



AQUARIUS
JAN 21-FEB 18
With Mercury still moving retrograde, what others tell you they are going to do and what they actually do may be two different things today.



VIRGO
AUG 24-SEPT 22
Mercury back in your birth sign means you are not afraid to speak your mind, and it could lead to some interesting scenes.



PISCES
FEB 19-MARCH 20
You don't lack for ideas but you may lack the confidence to express them, and that's a shame because some of your ideas are quite brilliant.



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WORDY GURDY®
BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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- Whack Grand Coulee, for one (1)
- Actor Black's Apple computers (1)
- "Wizard of Oz" dog snapshot (2)
- Georgia fruit on a sandy shore (1)
- Scottish girls' reading spectacles (2)
- Singer Parton's tennis shots (2)
- Less tall one who frustrates plans (2)

ANSWERS: 1. FAT CAT 2. JACQUES KASSE 3. TOTO PHOTO 4. BEACH PEACH 5. LASSES GLASSES 6. DOLLYS 7. SATTIOA 8. DOLLYS 9. TOTO PHOTO 4. BEACH PEACH

9-22-09

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